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CONTACT

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### **Mumps Case Confirmed in Pocatello**

Pocatello – Southeastern District Health Department (SDHD) has confirmed a case of mumps at Irving Junior High School. Health officials say mumps is a highly contagious disease. Mumps is an infection of the salivary glands and is spread through coughing or sneezing or through direct contact with saliva or mucus.

Thanks to widespread childhood vaccination, mumps is no longer commonly seen. It can, however, be a serious viral infection that lasts seven to 10 days. According to Ed Marugg, Director of SDHD:

- Idahoans under the age of 30 who followed the K-12 and college entry requirements have probably had at least one dose of the vaccination. However, current recommendations to be properly vaccinated to help prevent mumps are two doses of the mumps (MMR) vaccine.
- Idahoans over the age of 65 are likely to have natural immunity to the virus. Many in this age group may have gotten mumps as a child.
- However, Idahoans 30-65 years may not have gotten the disease or the vaccine. This age group is most at risk for acquiring the virus.

Antibiotics are not an option, as mumps is a viral infection. Officials say the best thing people can do to protect themselves is practice good hygiene, like covering your coughs and sneezes and frequently washing your hands.

Symptoms of mumps usually include:

- The parotid salivary glands (which are located within your cheek, near your jaw line, below your ears) are most frequently affected
- Fever
- Headache

If symptoms appear and you have been exposed to someone who has had mumps, contact SDHD at 234-5885.

For more information on mumps visit SDHD's website at [www2.state.id.us/phd6](http://www2.state.id.us/phd6).